



Jump Forward Showcase Guidebook
Competition Manual

Foreword:

The Goal of the Jump Forward Showcase is to create a culture of healthy living and youth empowerment by promoting Jump Rope as a fun fitness activity for everyone.

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1. General

a. Protests

- i. In the case of a protest to the scoring of a freestyle routine or speed event, coaches and competitors may request a recount using video replay.
- ii. If corrections are made after the distribution of awards, competitors will not be required to return inaccurate awards.

b. Injury and Substitutions

- i. In the case of an injury or illness during competition, the athlete or coach will decide whether or not to continue scoring the event. The entry will not be recompeted and the event will be scored based on the initial attempt.
- ii. Before a preliminary competition event is completed, coaches can submit a substitution request. Substitutions must meet the following conditions:
 1. Must not change the age or gender division of the competition entry.
 2. At least 50% of the athletes of that entry must remain the originally registered competitors.
 3. Athletes may not compete in the same event more than once.

c. Withdrawal

- i. Coaches may submit a withdrawal request if they do not wish to compete in an event in which they were previously registered. Any athlete who withdraws from any event will be disqualifying themselves.
- ii. If an athlete/team does not arrive on the competition floor within 30 seconds of their name being called, they will be withdrawn from that event to avoid delays.

2. Competitions

a. Structure

- i. Jump Forward (JF) competitions will include Single Rope events, Double Dutch Events, and Fusion.

b. Divisions

i. Gender

1. For individual events the gender categories are defined as follows:
 - a. Female gender
 - b. Male gender
2. For group events the gender categories are defined as follows:
 - a. Open gender
3. For Fusion the gender categories are defined as follows:
 - a. Open gender

ii. Age

1. Ages are determined based on the athlete's grade level in the year of the competition. Ages will be verified against school-issued documents during accreditation.
2. Age groups for Speed and Freestyle events include:
 - a. 3rd & 4th Grade
 - b. 5th & 6th Grade
 - c. 7th & 8th Grade
 - d. 9th Grade & Above
3. Age groups for Fusion include:
 - a. Novice: 3rd to 8th Grade
 - b. Advanced: 9th Grade & Above

c. Team Sizes

- i. For speed events, there will be unlimited entries per team in all age groups and events.

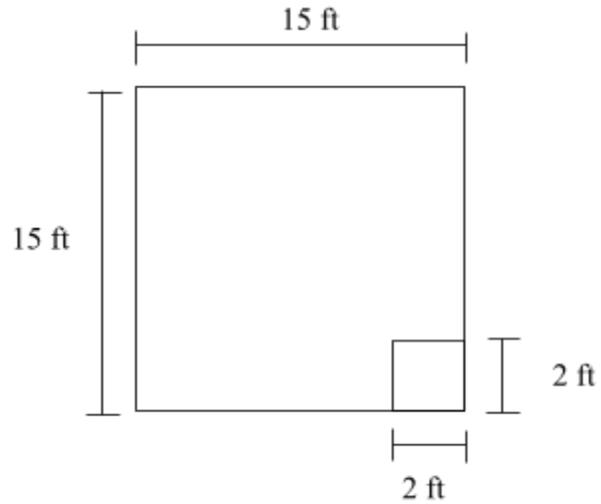
- ii. For freestyle events, each team is limited to 5 entries per event, per age group.
- iii. For Fusion, each team is limited to 3 entries per age group.

3. Events

- a. Single Rope
 - i. Single Rope Speed.....30 Seconds.....1 athlete
 - ii. Single Rope Speed.....60 Seconds.....1 athlete
 - iii. Single Rope Freestyle.....60 Seconds Max.....1 athlete
 - iv. Single Rope Pairs Freestyle.....45 Seconds Max.....2 athletes
 - v. Single Rope Wheel Freestyle.....45 Seconds Max.....2 athletes
- b. Double Dutch
 - i. Double Dutch Speed.....30 Seconds.....3 athletes
 - ii. Double Dutch Speed.....2x55/60 Seconds.....4 athletes
 - 1. Double Dutch Compulsory.....40 Seconds.....4 athletes
 - iii. Double Dutch Singles Freestyle.....60 Seconds Max.....3 athletes
- c. Fusion
 - i. Fusion.....2-3 Minutes.....3-6 athletes
- d. Event Awards
 - i. Top 3 awards will be given to competitors in each event and age group.

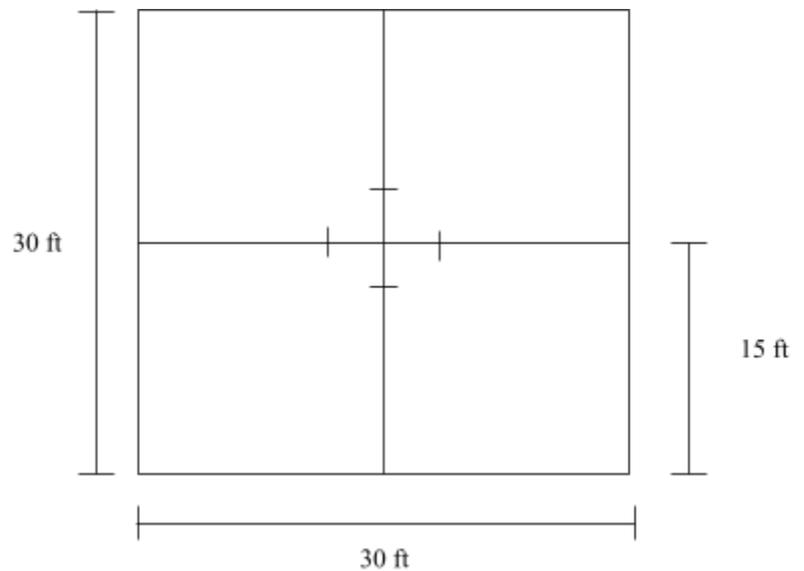
4. Technical Standards

- a. Competition Area
 - i. All competition areas must be measured from the outside edge of the boundary. The boundaries of the competition area will be distinctly marked.
 - 1. Speed
 - a. 15x15 ft



2. Freestyle

a. 30x30 ft



ii. Coach's Box

1. A coach's box will only be available for speed events.
2. A single 2x2 ft box will be placed in the corner of the competition area.
3. The box should not block the view of the judges.

b. Equipment

i. Ropes

1. Ropes of any kind will not be provided by the Jump Forward Showcase for competitor use.

a. Single Rope Freestyle

i. Competitors may use any kind of rope they choose, of any length.

b. Single Rope Wheel Freestyle

i. Competitors may only use beaded ropes.

c. Single Rope Speed

i. Competitors may use any kind of rope they choose, of any length.

d. Double Dutch Freestyle

i. Competitors may use any kind of ropes they choose, of any length.

ii. Maximum of one set of ropes per group.

e. Double Dutch Speed

i. Competitors may only use cloth Double Dutch ropes, of any length.

ii. Maximum of one set of ropes per group.

f. Double Dutch Compulsory

i. Competitors may only use cloth Double Dutch ropes, of any length.

ii. Maximum of one set of ropes per group.

g. Fusion

i. Competitors may use any kind of ropes they choose, of any length.

ii. Maximum of one set of ropes per group

2. Rope Breaks

a. If an athlete's rope breaks during an event and all judges agree the rope is broken, the athlete will be

given one additional attempt to complete the event. Once an athlete leaves the station, they can no longer claim a broken rope.

A broken rope will be defined as:

- Frayed wires
- Rope separating from the handle
- Snapped rope
- Any breakage that halts the functionality of the rope.

b. If the rope breaks again on their second attempt, competitors will not be given another chance to recompete.

ii. Props

1. No props or special equipment other than that which is attached to the jumper's body during the routine may be used in the routine.

c. Uniforms

- i. No jewelry will be allowed during speed and freestyle competitions.
- ii. Competitors must wear the competition-provided t-shirt in the preliminary competition.
- iii. Fusion competitors may wear any appropriate costume, including jewelry, of their choosing.

d. Music

- i. Music will not be used for preliminary speed and freestyle competitions.
- ii. Music will be used for Fusion.
- iii. Music should be submitted in advance; athletes should be able to provide a USB with their music in case of a music failure.

e. Time Signals

- i. All-time durations are measured relative to the start of the start-BEEP at the beginning of the time track and are measured until the start of another sound.
- ii. Both switches and stops will be indicated with another BEEP sound.
- iii. For Fusion events, after the athlete has been introduced, their music will begin after a short pause, and a BEEP at the end will indicate the end.

Contact Director of Jump Forward Showcase with questions:

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